

PROTECT YOURSELF AND YOUR FAMILY

In addition to eliminating potential breeding sites, use the following precautions to avoid mosquito bites:

- ❖ Wear long, loose, light colored clothing when in an area with lots of mosquitoes
- ❖ Use yellow “bug lights” for outdoor lighting
- ❖ Use insect repellents containing one of the following ingredients:
 - DEET
 - Picaridin
 - Oil of lemon eucalyptusRemember to always follow directions when applying insect repellent.
- ❖ Make sure all windows and door screens are in good repair and free from cracks and holes which may allow mosquitoes to get inside

DEAD BIRD REPORTING

Finding a high number of dead birds in an area has been a proven indicator that West Nile virus is present. Although the health department is not collecting dead birds, we are very interested in knowing the location of dead birds for our surveillance program. Call your local health



department to report a dead bird. A dead bird can be disposed of by burying it or placing the bird in a double layer of plastic bags and putting it in the trash. Be sure not to handle dead birds with your bare hands and wash hands immediately after disposal.

FURTHER INFORMATION ON WEST NILE VIRUS AND MOSQUITO CONTROL

Virginia Department of Health

www.vdh.virginia.gov

Centers for Disease Control & Prevention

www.cdc.gov

EPA-Pesticides & Mosquito Control

www.epa.gov/pesticides

USGS West Nile Virus Maps

<http://westnilemaps.usgs.gov>

Local Health Departments:

Fredericksburg: 540-899-4142

Stafford: 540-288-9018

Spotsylvania: 540-507-7386

King George: 540-775-3111

Caroline: 804-633-5465



**ELIMINATE
STANDING WATER!**

**WHAT YOU CAN DO
TO CONTROL
MOSQUITOES
AROUND YOUR
HOME**



MOSQUITOES AND WEST NILE VIRUS

Mosquitoes are not just annoying pests but they are also transmitters of many diseases including West Nile virus. West Nile virus is a mosquito-borne virus that can cause encephalitis and meningitis in humans and other animals. In most cases West Nile virus may cause no symptoms or may cause only a mild illness with symptoms similar to the flu. People over age 50 are at greater risk of severe illness.

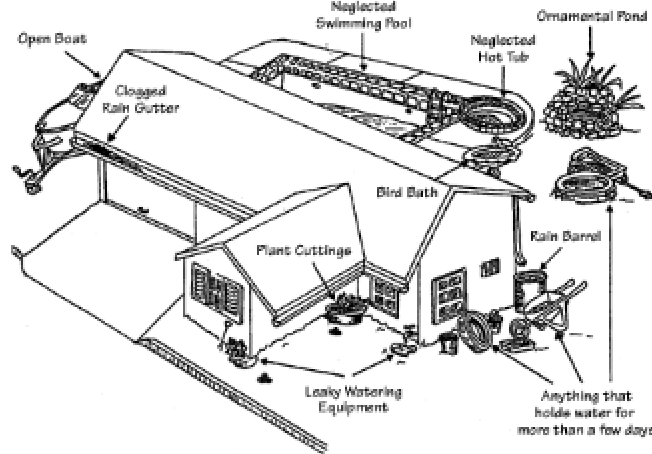


Mosquitoes breed in still, shallow water. Most West Nile virus mosquito transmitters breed in containers. Mosquitoes only need a few tablespoons of water to breed and the female can lay 150 to 500 eggs.

FLIP IT! DUMP IT! KICK IT! ELIMINATE STANDING WATER

The most effective way to control mosquitoes is to eliminate or treat the standing water where mosquitoes lay their eggs and their larvae live and grow. If mosquitoes are a problem where you live, make sure that you are not providing breeding sites in your own yard. Mosquitoes prefer to breed in all sorts of still water held in artificial containers. Running streams and creeks with any movement or ponds with predators such as fish, frogs, or dragonflies are not good breeding sites for mosquitoes. Remember, mosquitoes need only a few tablespoons of water to breed so Flip it, Dump it, Kick it, to eliminate standing water!

LOOK FOR MOSQUITO BREEDING HABITAT AROUND YOUR HOME



Cans and Containers, such as buckets, watering cans, plastic cups, or any trash that can hold water: Throw away, store indoors, turn upside down, drill holes in the bottom, or empty after rain showers.

Bird Baths: Empty and change water weekly

Old tires: Recycle, or store where they won't collect rainwater. Drill drainage holes in tires used for retaining walls, landscape or recreation.

Potted plants: Empty weekly or drill holes in outdoor saucers.

Roof Gutters: Clean out leaves and debris frequently to ensure water flows freely and does not accumulate.

Dripping water: Fix leaky faucets and air conditioner drains and hoses.

Ornamental Ponds: Stock with mosquito-eating fish, or filter/aerate the water with a recirculation pump, or treat with a larvicide as needed.

Children's toys: Store indoors, or in a manner that prevents water accumulation.

Pet water bowls: Give your pet fresh water every day, and rinse bowls out once a week.

Swimming pools and spas: Maintained pools and spas are not a hazard if treated properly. If unused or abandoned, treat with a larvicide once a month or drain completely.

Wheelbarrows: Turn over when not in use.

Landscaping: Remove plastic sheeting under bark or rock, replace with landscape fabric that prevents weeds yet allows water through.

Puddles and wet, soggy areas: Drain the water or fill with dirt or other landscaping material. Treat with a larvicide.

Trash cans: Keep tightly covered, emptied or turned upside down. Make sure lids are not turned up and allowed to collect water.

Trees: Fill tree stumps and hollow areas in trees with sand.

Drainage ditch: Remove grass clipping and leaves so water can drain or flow freely.

Bamboo: Cut down and regularly mow remaining stumps so they can't hold water.

DRAIN STANDING WATER WEEKLY

It takes approximately 1 week for a mosquito larva to mature into an adult mosquito. When draining is not possible, consider using "Mosquito Dunks" (a larvicide) or a similar product available at your local hardware store for mosquito prevention.